

ABSTRACT

Title: The difference in load of the body between the rides on roller skis and cross-country skis.

Objectives: The aim of work is to determine the difference in load of the body between the rides on roller skis and ride on cross-country skis in skating and classic techniques.

Methods: The work is conceived as a case study. It is a quantitative research carried out on the basis of comparing the values of heart rate and blood lactate concentration at one participant. The values were compared between the roller and cross-country skis when skating as well as classical techniques.

Results: By the heart rate measuring and lactate concentration, the difference was detected between the roller and cross-country skis. We came to the result that the roller skis place less demands on the load of the body than cross-country skis which runners use to ski in winter.

Keywords: cross-country skiing, cross-country skis, roller skis, lactate, heart rate